

VEGAN

THIS IS A SAMPLE MENU

Please find our most up-to-date menu over on your local Lounges webpage

PLEASE SPECIFY VEGAN WHEN YOU ORDER
as some dishes are variations of main menu items

BRUNCH

Served all day

Vegan Breakfast

Falafel, vegan bacon, hash browns, baked beans, slow-roasted tomato, button mushrooms, greens & peppers and toast

Vegan Avocado Brunch

with lime, chilli, coriander and tomato on toasted ciabatta

Vegan Bacon Butty

Vegan bacon on white or brown bread

Vegan Toast

Two slices of white or brown toast with vegan spread and jam or marmalade or Marmite

SANDWICHES

Served with vegan house slaw

Add fries or sweet potato fries

Vegan Falafel & Avocado Wrap

with hummus, guacamole, pickled red onion slaw and roasted red pepper sauce

Vegan Roasted Sweet Potato Burrito

with black beans, guacamole, spicy chipotle rice, lettuce and tomato & chilli salsa

Vegan BLT

Vegan bacon, lettuce, tomato and roasted garlic vegan mayo on white or brown bread

SALADS

Vegan Mediterranean Salad Bowl

Falafel, hummus and butternut squash, with mixed leaves, flame-roasted peppers, red onion, cherry tomatoes, harissa and pomegranate seeds

Vegan Avocado Rainbow Bowl

Avocado, rainbow slaw, mixed leaves, tenderstem broccoli, red onion, flame-roasted peppers, cherry tomatoes and sesame seeds, with a ginger and teriyaki dressing

MAINS

Vegan Bombay Sweet Potato & Lentil Curry

Spiced coconut curry sauce with roasted sweet potatoes, lentils and fried potatoes served with lime & coriander rice, spring onion and red chilli

Vegan Mexican Superbowl

Black beans, guacamole, roasted sweet potato with pomegranate molasses, spicy chipotle rice, wild rocket and tomato & chilli salsa

Vegan Beyond Cheese Burger

Plant-based burger patty from Beyond Meat, with lettuce, tomato, pickled red onion, vegan smoked gouda cheese and vegan chipotle mayo in a brioche style bun, with vegan house slaw & fries or salad

Vegan Moving Mountains Hot Dog

Jumbo plant-based hot dog with vegan smoked gouda cheese, crispy fried onion, gherkin, tomato, pickled red onion, American mustard and red pepper ketchup in a brioche style roll, with vegan house slaw & fries or salad

CHEEKY MONDAYS

From 5pm

Buy any burger or main and get a glass (175ml) of house wine* or any pudding for free!

*other drink options available

TAPAS

SINGLE PLATE OR TAPAS BOARD

Your choice of 3, served with ciabatta

Vegan Patatas Bravas

with roasted garlic vegan mayo

Vegan Guacamole

with tomato, coriander & chilli salsa, toasted seeds and spicy tortilla chips

Vegan Falafel & Supergrain Bowl

with hummus, harissa and pomegranate seeds

Vegan Hummus

with extra virgin olive oil and sumac, served with ciabatta

Vegan Roasted Sweet Potato Taco

A soft tortilla topped with guacamole, lettuce, pickled red onion, red pepper ketchup, black beans and coriander

TAPAS TUESDAYS

From 5pm

3 tapas dishes and a glass (175ml) of house wine*

*other drink options available

SIDES

Ciabatta

with olive oil and balsamic

Fries

Sweet Potato Fries

Spicy Veggie Rice

with edamame beans, red pepper and red onion

Tenderstem Broccoli

with chilli & garlic

House Slaw

House Salad

with cherry tomatoes, flame-roasted peppers and red onion

PUDDINGS

Vegan Mango Sorbet

with mango & passionfruit sauce and fresh passionfruit

CAKES

Dark Chocolate & Orange Torte

Fruity Flapjack

Carrot Cake

Oooh go on then!

TAKEAWAY

From our Lounge to your Lounge, our menu is available for takeaway. Click and collect from our website or phone to order.

TEST AND TRACE

If you haven't done so already we'd be grateful if you could scan the NHS Test and Trace QR code (on the poster at the entrance) or fill in a paper form if you prefer.

Rise & shine!



BREAKFAST CLUB

Mon-Fri until 12pm

Vegan Breakfast with a nice pot of tea or filter coffee

EXTRAS...

- Avocado
- Falafel
- Button Mushrooms
- Fried Red Onion
- Slice of Toast
- Hash Browns
- Guacamole
- Spinach
- Vegan Smoked Gouda Cheese
- Vegan Bacon

SOUP OF THE DAY

with warm ciabatta



ALLERGIES

If you have an allergy please let us know and our manager will take your order personally.

Our Allergen Matrix is available on our website and can be accessed through the QR code on your table. It shows which of the 14 legally declarable allergens are contained in every dish on our menu. Because our recipes sometimes change it is important you let us know about any allergies every time you order. Though we recommend that you check the Matrix yourself our team will always be happy to advise, particularly if your allergy is not covered.

We have strict procedures in place for taking and preparing allergen orders but you should be aware that allergenic ingredients are present on our premises and those of our suppliers.

Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee any of our dishes are 100% free of allergens.